

Youth LINK

A Newsletter of the United States Air Force Youth Program

APRIL/MAY 2002

WORDS OF WISDOM

"Nothing you do for children is ever wasted. They seem not to notice us, hovering, averting our eyes, and they seldom offer thanks, but what we do for them is never wasted."

Garrison Keillor

The Top 10 Misconceptions of Success

Is it time for you to change your attitude about success? Maybe... I've found in much of my work with people on creating a better, more positive attitude towards life that many of us have a misunderstanding about success and what makes us successful.

Here are the ten most common misconceptions people have about success and some thoughts about those misconceptions.

1. Some people can't be successful because of their background, education, etc. Anybody can be successful. It's a matter of wanting to, then doing what it takes to achieve it.

2. Successful people don't make mistakes. Successful people make mistakes just like we all do. They just don't repeat them.

3. You've got to work 60 (70, 80, 90...) hours a week to be successful. It's not a matter of doing a lot of

See **Misconceptions** on page 3

How to Choose the Right Summer Camp

What's the best summer camp for your child? Sports camps, computer camps, space camp, traditional summer camps - day or overnight; coed or single-sex; rugged or tenderfoot; all summer or short term - the options are almost limitless, so how do you decide?

According to professor Matthew Pantera, Ed. D., chair of sports management and recreation studies at Springfield College (Mass.), "Fun is the bedrock, but, camp is also a place for physical, social and emotional growth. It's an ideal temporary safe environment away from home to test skills, attitudes,

"Choose a program that matches your child's interests and maturity."

and beliefs and to develop positive behaviors that are transferable toward life success."

"Choose a program that matches your child's interests and maturity and what you want him to get from it. The American Camping Association (ACA) publishes a list of accredited camps. Involve your child in the selection, and camp is more likely to be a positive experience."

"Learn all that you can about camps that interest you both. Utilize web sites, videos and open houses. Ideally, visit camps in session a year in advance.

When evaluating summer camps here are some questions to ask:

What is special about the program? The philosophy? Quality of the staff and facilities?

What are the costs? Tuition? Optional activities? Spending money? Special clothing and equipment? Insurance? Refund policy?

Who are the staff? Age and experience? Recruitment and training?

What are the educational requirements? Who drives the vehicles?

Who are the participants? Coed? Single Sex? Geographic representation? How are ages grouped?

How are problems handled?

Medical emergencies? Smoking? Curfew violations? Special needs? Home sickness? Communications with parents?

Are religious services available?

When? Denominational? Non-Denominational?

International students? How many? Where do they come from?

What is the percentage of return campers? Staff? Does the program offer transportation?

Source: U. S. Department of Education, February 2002

Interview the director or a local representative and campers' parents. If a camp is unwilling to give references, be wary," Pantera advises.

An ACA-accredited camp has satisfied standards for safety, programming, campers' health and well-being, staff qualifications, ratio of campers to staff, emergency procedures and more.

A camp philosophy that values skill building, a secure environment, and a sense of belonging is vital. Ask how campers learn what their skills are and how they develop them. Do they learn to work for what is important and experience success, and to make good choices and see the results? Do campers

See **Summer Camps** on page 2

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COACHES CORNER

Health Tips Every Coach Should Know

The spring sports season is here, and if you're a coach, there are 10 tips you should know to help keep your players healthy. "The number one tip coaches should remember is that children are not miniature adults and shouldn't be treated as such," says Jim Rogers, a certified athletic trainer in Temple University Hospital's sports Medicine Center. "This may seem obvious, but many adults don't realize children's bodies can't take the same amount of physical stress adult bodies can take. That's because children are still growing and therefore are more susceptible to injury."

Rogers offers coaches these other tips to prevent injury:

- **Stretching the muscles related to the activity is very important.** For example, if a child is pitching, he should concentrate on stretching his arm and back muscles. If a child is catching, the focus should be on the legs and back.

- **A good warm-up is just as important as stretching.** A warm-up can involve light calisthenics or a short jog. This helps raise the core body temperature and prepares all the body's muscles for physical activity.

- **Children should not be encouraged to "play through pain."** Pain is a warning sign of injury. Ignoring it can lead to greater injury. Swelling with pain and limi-

tation of motion are two signs that are especially significant in children -- don't ignore them. They may mean the child has a more serious injury than initially suspected.

- **Rest is by far the most powerful therapy in youth sports injuries.**

Nothing helps an injury heal faster than rest. Children who play more than one sport are especially at risk for overuse injuries. Overuse injuries are caused by repetitive stress put on the same part of the body.

- **Injuries that look like sprains in adults can be fractures in children.** Children are more susceptible to fractures, because their bones are still growing.

- **Children's growth spurts can make for increased risk of injury.** A particularly sensitive area in a child's body during a growth spurt is the growth plate -- the area of growth in the bone. Growth plates are weak spots in a child's body and can be the source of injury if the child is pushed beyond his limit athletically.

- **Ice is a universal first-aid treatment for minor sports injuries.**

Regular ice packs -- not chemical packs -- should be available at all games and practices. Ice controls the pain and swelling caused by common injuries such as sprains, strains and contusions.

Source: Temple University Health Sciences Center, March 2002

Summer Camps

Continued from page 1

practice respect for self, others, and the environment? Do they feel that they "fit", can play a role in their group, and have friends?

Camp directors and staff should have technical expertise in camp activities, good interpersonal skills, and familiarity with stages of youth development. Ask about the director's employment history. Longevity with the camp usually means success. A director should be at least 25 years old and key staff at least 21.

A good ratio of counselors to campers is one to five for five and six year-olds, one to eight for seven and eight year olds, and one to 10 for ages nine and above, but higher for some teen programs. Look for a high return rate for both campers and staff. Forty to sixty percent is good.

To forestall home sickness, camps can provide parents advance information to give their children a sense of the camp experience: the daily schedule, living arrangements, the campus and camp community, and frequency of contact with parents by mail, e-mail, telephone or visitation. Plenty of activity is especially important the first few days.

"The right camp can help your child master transferable skills for success in life and establish an active, healthy lifestyle while having a fun filled summer," Pantera says.

Source: KidSource at www.kidsource.com, March 2002

DID YOU KNOW:

In 2001 there were 119,000 hospital emergency room-treated injuries associated with trampolines.

Source: U. S. Consumer Product Safety Commission, March 2002.

Avoiding Teen Bone Risks

Some habits in the teenage years can steal calcium from your bones or increase the need for it, weakening the skeleton for life.

Skipping meals is risky for bone, Welch says. In our three-meal-a-day society, skipping a meal may reduce by a third your chance of getting your 120% Daily Value for calcium--simply by eliminating one occasion to eat.

Replacing milk with non-dairy drinks like soda pop or fruit-flavored teas or drinks is another eating habit that prevents bones from getting the calcium and other nutrients they need.

In a survey comparing 1994 daily beverage intakes with those in the late 1970s, the U.S. Department of

Skipping a meal may reduce by a third your chance of getting your 120% Daily Value for calcium.

Agriculture found a switch from milk to other drinks among young people:

- Milk drinkers among teenagers dropped from three-fourths to little more than half.

- Two to three times more children and teenagers drank non-citrus fruit juices.

- Teenage boys nearly tripled their intake of soft drinks, three-fourths of them drinking about 34 ounces; two-thirds of teenage girls drank 23 ounces.

Alcohol abuse and cigarette smoking can hurt bone. Alcohol abuse can cause loss of calcium, magnesium and zinc in the urine. Many who abuse alcohol also have poor diets and malnourished, weaker bones. Cigarette smoke is also toxic to bone and can influence how much exercise you get because it affects your stamina, she says.

Eating disorders can weaken bone. The repeated vomiting in bulimia and extreme dieting in the appetite disorder, anorexia, can upset the body's balance of calcium and important hormones like bone-protective estrogen, decreasing bone density. Extreme exercising by young women with or without eating disorders can postpone or stop menstruation, when blood levels of estrogen are reduced.

Source: U. S. Food and Drug Administration, March 2002.

What Makes a Team Work

A team is simply a group of people working together on common goals. It may be a family, a group of co-workers or volunteers, or a sports team. For a team to work properly, each member must develop the following qualities.

1. Listen to instructions. If you and I are going to be a part of a team, and be an effective member of a team, we must recognize that we all need a MENTOR. If we really want to play a vital part in any team, then we must be willing to listen to instructions.

2. Have a common goal. One of the first things that my family and I did the other day, when my eldest daughter joined us for the first time after returning home from school, we wrote down our goals for the year on a piece of paper that had the title MY GOALS FOR 2002 written on top. The interesting thing was that when we all read out our goals there was a common thread going through all of them. We all seemed to want the same things to happen this year.

3. Recognize that we all have different qualities and strengths. We're all different. That's what makes a TEAM such an exciting body of people. I have been overwhelmed by the number of people who requested my article on how to identify their strength. The key is to combine

the individual strengths of each individual into the strongest unit possible. This allows a team to hide weaknesses.

4. Be a willing helper. Nothing makes a team stronger than a helping hand. Not waiting to be asked, but willing to go the extra mile. Willing to do whatever it takes to get the job done. Smile the widest, give compliments the loudest, look for creative ways to assist, make yourself available and GIVE, GIVE, GIVE beyond the call of duty.

5. Never be frightened to learn new skills. Ongoing education is of vital importance in this day and age. Without it you will be run over. Take a course, read a book, seek out a leader in your field of interest, ask plenty of questions, offer your services for free and let their expertise rub off on you. Listen to tapes, CDs & DVDs, watch videos, attend seminars. Sit at the front of any meeting you attend.

The better you get, the better the TEAM will become. Remember a STAR team is made up of STAR players. One other thing: In order for a team to grow and mature effectively it requires constant practice. Remember that: perfect practice makes for perfect performance.

Source: Peter Sinclair;
<http://www.motivationalmemo.com> All rights reserved.

Misconceptions

Continued from page 1

something. It's more about doing the right thing.

4. You'll only be a success if you play by the rules. Who makes up the rules anyway? Each situation is different. Sometimes following the rules is needed, other times making up your own rules is what's required.

5. If you have help along the way, it's not success. Success rarely occurs in a vacuum. Recognize the people who help you become successful, there are plenty of them.

6. It takes a lot of luck to be successful. It takes some luck to be successful, sure. It takes a lot more hard work, diligence, knowledge, and application.

7. It's only success if you make a lot of money. Money is just one of many benefits to success, but it's not guaranteed. Greater confidence, higher self-esteem, valuable experience and personal satisfaction are all important by-products of success. that have nothing to do with money.

8. It's only success if everybody knows it. You may get more money and more accolades the more people know about what you've done. But, even if you were the only one who knew it, you'd still be a success.

9. Success is a goal. Success is more what you get when you achieve the goals you've set for yourself. Saying that you "want to be a success" begs the question: "at what?"

10. Once I'm successful, my troubles are over. You may be successful, but you're not God. You'll still have the ups and downs that you did before. Enjoy what success you achieve and live each day as it comes.

Source: www.CoachJim.com, March 2002. Jim Allen is a former Air Force NCO (13 years) and a life and business coach. Subscribe to his free internet newsletter by sending an e-mail to: SubscribeCT@CoachJim.com

DID YOU KNOW:

- Americans participate in outdoor activities 7.3 times per month.
- Most prefer outdoor recreation with their family (57%) or friends (26%). Only 16% preferred it alone.
- Males go camping twice as often as females.
- 30% of campers ranked bugs as the biggest downside and 19% ranked bad weather.

Source: U. S. Fish and Wildlife Service, March 2002.

Helping Your Child Succeed at School What Messages to Send

How can parents help their children to succeed at school? There are many things that we can do. One of the most important things is to send the right messages about school to them about school. These messages not only tell them that their education is important, these messages help establish the skills and the discipline required to do well in school

Three of the important messages our children need about success in school can be sent by:

1. Sharing our own experiences and goals with our children. Children tend to adopt our ideals. They need to know how we feel about making an effort, working hard, and planning ahead.

2. Establishing realistic, consistent family rules for work around the house. This helps children develop schedules and stable routines. Children need limits set even though they will test these limits over and over again.

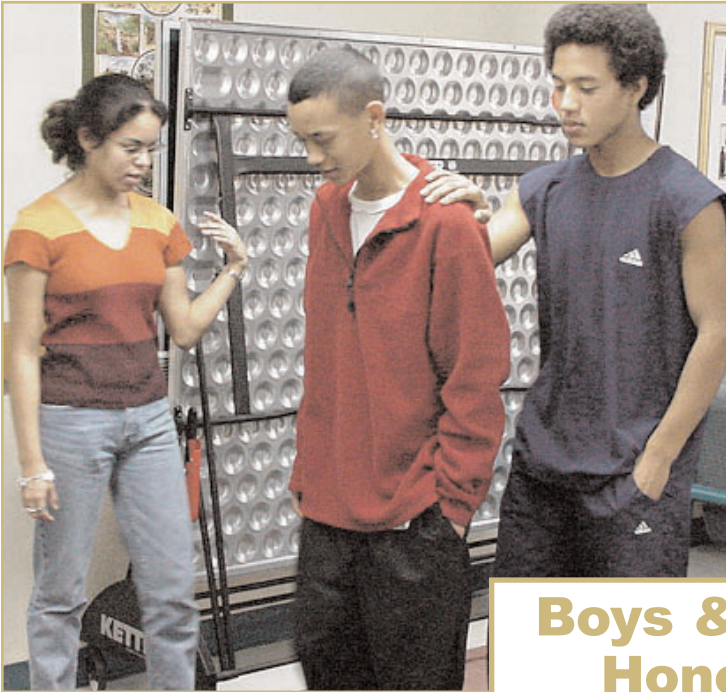
Children need to know what they can depend on--and they need to be able to depend on the rules we make.

3. Encouraging our children to think about the future. Our children need realistic, reasonable expectations, and they need the satisfaction of having some of these expectations met. They need to take part in making decisions (and to learn that sometimes this means sacrificing fun now for benefits later) and they need to find out what happens as a result of decisions they have made.

Throw a stone into a pool and the circles widen and overlap. None of us lives in isolation. The circles of home, community, and school overlap also. For our children to learn and thrive, they need the support and encouragement of all of the circles in which we live. But the circle in the center is the home and that's where it all starts.

Source: U. S. Department of Education, March 2002.

Lackland AFB's Keystoneers Teach at NSACA Conference



The Boys & Girls Clubs of Lackland AFB, Gateway Keystone Club has been selected to teach a group of 150 adults "Leadership Facilitation for Youth" at the National School Age Care Alliance (NSACA) conference held in Memphis Tennessee in March. To become fully prepared to conduct the classes, Keystoneers went through extensive training. They practiced public speaking, voice projection, introduction to the game, organization of the game, inbrief, safety brief, leading the games, and the all-important debrief/facilitate. The Keystone club has many hours of experience teaching leadership activities to the First Offenders Program in San Antonio, British Cultural Exchange Students, Boys & Girls Clubs of San Antonio, Canyon Lake North High School, Lackland IDS Committee, and Torch Club members. Participants learned the importance of the Thumb Vote (Power of Vote), Plans and Proposals, and the Rules of Three. These are some of the topics that were included at the NSACA conference. They were very excited to present their program at a national conference and feel honored to be the first youth group selected for this opportunity.

Source: Abby Cardenas, Gateway Keystone Club

Little Rock AFB Acheives Gold

The Little Rock AFB Youth Center is the first club in the nation to earn the highest recognition possible from the Boys and Girls Club of America. At the national organization's annual conference held recently in San Antonio, the Little Rock Keystone Club was the first civilian or military youth group to be named a Gold Keystone Club. Keystone Clubs are ranked in status as general, bronze, silver, and gold, with gold being the highest level.

To achieve gold membership status, a Keystone Club must have eight to 15 members ages 14-18, maintain active participation, have trained officers, submit a written report about their completed projects and conduct an annual self-evaluation. The club must also enter a project in the National TEENSUPREME Keystone Awards Program, participate in the National TEENSUPREME Keystone Project, attend the previous year's national and regional TEENSUPREME Keystone Conference, generate publicity for the Keystone Club, and enter two or more projects in the National TEENSUPREME Keystone Internet Community Newsletter.

Boys & Girls Club of America Honors British Employee

An RAF Mildenhall Youth Center employee recently received a first-time award for his youth professional development in Stuttgart, Germany, by the Boys and Girls Club of America. Mark Beecham, a three-year employee of the youth center, received the 2002 Outstanding Youth Development Professional Award, the first time the award was offered in Europe.

Beecham designed a Teen Adventure Week program specifically

built to integrate the concepts of the youth development strategy through a variety of engaging leadership, team building and survival activities set in the mountains of Snowdonia National Park in Wales.

"No matter how many clubs we establish, how many programs we start or how successfully we teach technology skills, our greatest successes are the examples you set and the lessons you teach everyday," said Roxanne Spillet, B&GCA president.

UNITED STATES AIR FORCE SERVICES

Youth LINK

A Bi-Monthly Newsletter of the United States Air Force Youth Program

Please visit: www-p.afsv.af.mil/FamilyMemberPrograms.youthmain.htm

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**FUN FACTS**

- Hummingbirds are the smallest birds - so tiny that one of their main enemies is an insect, the preying mantis.
- If an average man had a metabolism comparable to that of a hummingbird he would have to eat 285 pounds of hamburger every day to maintain his weight.

FUN & GAMES

FROM THE EDITORS OF YOUTHLINK

Comedy Corner

- What do you call a kernel of corn's father? Popcorn.
- What did the tree do when his favorite team was winning? He rooted!
- Why was six afraid of seven? Because 7 8 9.
- Which mice don't eat cheese? Computer mice.

**CAN YOU IDENTIFY THIS STATE:**

1. The name of this state means "feast of flowers".
2. Andrew Jackson established the territorial government for this state in 1821.
3. The state fish is the bass.
4. The state animal is the panther.
5. The state tree is the Sabal Palm.
6. The first people inhabited this state 12,000 years ago.
7. This state became the 27th state of the United States in 1845.
8. The population of this state ranks 4th nationally.
9. This state has 1,197 miles of coastline and 663 miles of beaches.
10. Jaun Ponce de Leon, a Spanish explorer, was the first European to discover this state in 1513.
11. Tourism is one of the main industries of this state.
12. The state flower is the orange blossom.
12. The capital city is Tallahassee.
13. You can visit Mickey Mouse and his friends in this state.

ANSWERS TO WORD WISE**SCRAMBLE:**

1. Yankees, 2. Diamondbacks, 3. Cubs, 4. Cardinals, 5. Mariners, 6. Dodgers, 7. Brewers, 8. Indians, 9. Orioles, 10. Pirates

ANSWER TO WHERE AM I

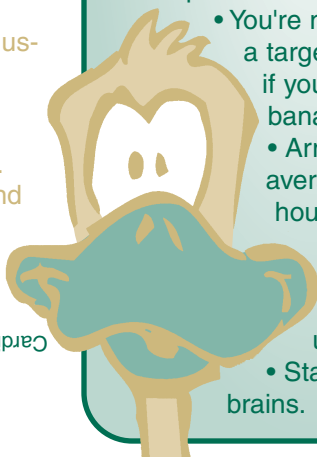
Florida

GOOFY LAWS

- In Massachusetts, it is illegal to feed ducks on Sunday between the hours of 5am and 12pm while humming.
- In the town of Blythe, Ca., it is illegal to wear cowboy boots on Main Street if you do not own at least 5 head of cattle.
- In the coastal provinces of Canada it is illegal to shoot whales from a moving automobile.
- In Minnesota it is illegal to cross state lines with a duck on your head.

TRIVIA

- All elephants walk on tip-toe, because the back portion of their foot is made up of all fat and no bone.
- At 188 decibels, the whistle of the blue whale is the loudest sound produced by any animal.
- You're more likely to be a target for mosquitoes if you consume bananas.
- Armadillos get an average of 18.5 hours of sleep per day.
- Armadillos can walk underwater.
- Starfish don't have brains.

**Celebrating...****Memorial Day**

It was 1866 and the United States was recovering from the long and bloody Civil War between the North and the South. Surviving soldiers came home, some with missing limbs, and all with stories to tell. Henry Welles, a drugstore owner in Waterloo, New York, heard the stories and had an idea. He suggested that all the shops in town close for one day to honor the soldiers who were killed in the Civil War and were buried in the Waterloo cemetery. On the morning of May 5, the townspeople placed flowers, wreaths and crosses on the graves of the Northern soldiers in the cemetery. At about the same time, Retired Major General Jonathan A. Logan planned another ceremony, this time for the soldiers who survived the war. He led the veterans through town to the cemetery to decorate their comrades' graves with flags. It was not a happy celebration, but a memorial. The townspeople called it Decoration Day.

The two ceremonies were joined in 1868. In 1882, the name was changed to Memorial Day and soldiers who had died in previous wars were honored as well. In 1971, along with other holidays, President Richard Nixon declared Memorial Day a federal holiday on the last Monday in May.





A Goof-proof Mother's Day Gift

Want to give something really special to your mom for Mother's Day? Short on cash? Still want to do something really cool? Something she'll never forget?

Give the gift of your time and a little creativity! Flowers wilt. Candy melts. But doing something special is a present your mom will talk about forever.

Create your own special Mother's Day checks. You can make them on a computer or by hand with your favorite art materials. Be creative, use your imagination. Fill them out with something special you know your mom would like that you promise to do. Then mom can "cash" your checks in any time she's ready for that special favor!

Need Some Ideas?

- I.O.U. - One Car Wash
- I.O.U. - One Back Massage
- I.O.U. - One Big Hug
- I.O.U. - One Whatever Mom Wants
- I.O.U. - Dinner Dishes Washed
- I.O.U. - One Car Wash
- I.O.U. - One Do a Mom Chore

- I.O.U. - One Wash Dishes
- I.O.U. - One Picnic Lunch
- I.O.U. - One Mom's Favorite Dinner
- I.O.U. - One Plate of Home Baked Brownies
- I.O.U. - One Hour Time for Yourself
- I.O.U. - One Hour of Gardening
- I.O.U. - One Dog Walk
- I.O.U. - One Dog Wash
- I.O.U. - One Framed Picture for the 'Fridge
- I.O.U. - One Free Take Care of Animals
- I.O.U. - One Cleaning The Living Room With a Smile!
- I.O.U. - One Night Out: Dinner and Movies
- I.O.U. - One Scrapbook Picture Album Made Together
- I.O.U. - One Half-Hour of Quiet Time
- I.O.U. - One Walk Around the Block Together
- I.O.U. - One Letter While I'm Gone
- I.O.U. - One Call... Just to Say "Hi!"

You can make a "checkbook" to wrap around your special Mom's Day checks. Just take a piece of colored paper and fold it into thirds (three

even parts). Tuck the checks into the folder, decorate it with stamps, stickers, glitter paint and pictures and stuff. Give it to your mom. Then get ready for a big smile when she opens up your gift!

This fun project also works equally well for Father's Day.

Source: www.agirlsworld.com, March 2002

ESTIMATING THE TEMPERATURE BY A CRICKET'S CHIRP

Chirping crickets can provide a rather close indication of the air temperature. Start by counting the number of cricket chirps in a 14-second period, then add forty. The total number will equal the air temperature (in Fahrenheit) within one degree every three out of four times you try.

Can you unscramble these letters to make real American heroes:

1. seakyen

□ □ □ □ □ □ □ □

2. masbiddcokan

□ □ □ □ □ □ □ □ □ □ □ □ □ □

3. bucs

□ □ □ □ □

4. incldasdr

□ □ □ □ □ □ □ □ □ □ □ □

5. sirnamer

□ □ □ □ □ □ □ □ □ □

6. reddogs

□ □ □ □ □ □ □ □ □ □

7. beesrwr

□ □ □ □ □ □ □ □ □ □

8. nsaidni

□ □ □ □ □ □ □ □ □ □

9. sireloo

□ □ □ □ □ □ □ □ □ □

10. eastrip

□ □ □ □ □ □ □ □ □ □

WORD WISE

Can you find 25 words related to periods of time? See the list to the right. Remember, look forward, backward and diagonal, too.

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| J | U | R | E | K | E | M | E | S | Y | E | A | R | S |
| N | D | E | C | E | M | B | E | R | D | B | U | J | M |
| A | U | B | A | E | R | E | W | A | A | M | G | Y | O |
| U | E | M | P | W | R | R | C | A | U | A | U | R | N |
| S | B | E | R | Y | A | E | R | I | T | R | S | U | T |
| E | S | V | I | A | D | A | N | D | P | C | T | T | H |
| C | E | O | L | M | N | N | A | R | J | H | H | N | E |
| O | T | N | J | U | E | Y | R | A | U | R | B | E | F |
| N | U | U | U | L | L | I | R | E | B | O | T | C | O |
| D | N | Y | L | J | A | N | U | A | R | Y | P | Y | M |
| J | I | I | Y | S | C | L | O | C | K | Y | A | A | B |
| A | M | T | S | E | P | T | E | M | B | E | R | M | E |
| Y | A | E | R | T | I | M | E | U | J | U | N | E | R |

JANUARY
FEBRUARY
MARCH
APRIL
MAY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER
MONTH
DAY
WEEK
MINUTE
DECADE
CENTURY
SECOND
CLOCK
YEAR
CALENDAR
TIME
WATCH
MILLENNIUM

